

## 2Coleslaw, Noncreamy<sup>35</sup>

Number of Servings: 35 (64.18 g per serving)

Amount	Measure	Ingredient
4 1/4	qt	Cabbage, fresh, shredded
2 1/2	cup	Carrots, fresh, grated
2.00	cup	Salad Dressing, Italian, fat free
1 1/3	cup	Juice, pineapple, unswtnd, w/o add vit C, cnd

### Nutrients per serving

Nutrition Facts		
Serving Size (64g)		
Servings Per Container		
Amount Per Serving		
<b>Calories 20</b>	Calories from Fat 0	
		% Daily Value*
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 160mg		<b>7%</b>
<b>Total Carbohydrate</b> 5g		<b>2%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 3g		
<b>Protein</b> 1g		
Vitamin A 30% • Vitamin C 20%		
Calcium 2% • Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

### Instructions

Shred cabbage and carrots and combine with Fat Free Italian Salad Dressing. Refrigerate to 40 degrees or below. MAY WANT TO PREPARE DAY BEFORE AND REFRIGERATE.

1 serving = 1/2 c = #8 scoop = 1 vegetable serving

1 serving = 0 CS

### Notes

1# raw cabbage = ~ 4 c. shredded cabbage.